

# They are counting on you...

## Are YOU prepared for a disaster?

# Making a Family Emergency Plan

# Who depends on YOU?

### Step 9:

Lead a family practice session once a month. Do a Drop, Cover and Hold drill while you are watching TV. Turn off the lights and find your way through the living room with a flashlight. Practice taking the emergency supply kit out of the car.



### Step 10:

Take a First Aid and CPR class, or even become a Community Emergency Response Team (CERT) member.

### Step 11:

When you hear of an emergency in another area, talk about what you would do if it happened in your community. By discussing and practicing, your whole family will be better prepared to handle a real emergency.

...because they  
**DEPEND ON YOU**  
to be there in an  
emergency.

For Information:



## Make a Family Emergency Plan



[www.WhoDependsOnYou.com](http://www.WhoDependsOnYou.com)

# What is a family emergency plan?

A family emergency plan outlines what you and your family will do in an emergency. It should include a list of those who you can depend on, and those who can depend on you.

## How do we make one?

Make your plan as a family. Discuss with your family members the disasters that can happen where you live. Establish responsibilities for each member of your household and plan to work together as a team. Explain the dangers to children and work with them to prepare your whole family. Be sure to include all caregivers in your meeting and planning efforts.



# Creating Your Family Emergency Plan

## Important steps in a family emergency plan:

### Step 1:

Meet your neighbors and learn whether they have special skills or equipment. Plan to unite if your neighborhood becomes affected by a disaster. Assist elderly, disabled or single-parent neighbors create an emergency plan.



### Step 2:

Ask a friend or relative who lives in another city or state to be your family's Out-of-Area contact. Following a disaster, family members should call this person and tell them where they are. Every family member should carry the Out-of-Area contact's phone number and information in their wallet or backpack. After a disaster, it is often easier to make a long distance call than a local call within the disaster area.

### Step 3:

Get a copy of your school district's disaster plan regarding transportation and the release of students. Keep photos of family members in your wallet in case someone is missing.

### Step 4:

Choose two locations for your family to meet in an emergency. One location should be near your home in case of a sudden emergency, like a fire. The other should be away from your neighborhood in case you can not return home or are asked to evacuate. Expect a lack of transportation.

### Step 5:



Enter "ICE" – (In Case of Emergency) numbers for your local emergency contact in your cell phones so that emergency workers will know who to contact if you're hurt. For example, enter "ICE husband John" and the phone number. Include an emergency contact card in your child's backpack with this information.

### Step 6:

Know where the nearest police and fire stations are as well as the route to the nearest hospital emergency room. Keep critical phone numbers and your insurance policy numbers by your phone and in your wallet.

### Step 7:

Have emergency supply kits in your home and each car. Make sure every family member knows what is in the kit, how to use it, and where it is located. In an evacuation, take your emergency supply kits with you.

### Step 8:

Plan for your pets and take them with you if you evacuate. However, be aware that pets (other than service animals) usually are not permitted in emergency public shelters for health reasons. Prepare a list of family, friends, boarding facilities, veterinarians and "pet-friendly" hotels that could shelter your pets in an emergency.

